

TODAY'S VERSE

Proverbs 1:7 The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction.



FACES OF HAMILTON COUNTY

People who call our community their own.

What makes Kayla Ragland smile? "Being around friends and family," said the 15-year-old, a sophomore at Noblesville High School. She was found Saturday morning serving pancakes with the NHS Key Club during the Noblesville Kiwanis Sunrises pancake breakfast benefiting the Boys & Girls Club of Noblesville. She is a member of the NHS Key Club, which annually helps the Kiwanis Club make pancakes and sausage for the fundraiser at the BGCN Community Center. The Key Club is an international service organization and is the high school branch of Kiwanis International, as a service leadership program and as a Kiwanis Youth Program. At NHS, she is also involved with Bring Change to Mind, a club that brings awareness to mental health; and Lend A Paw, a club that volunteers at animal shelters. She is the daughter of Brian and Lori Ragland. She has one older sister, Reilly, a student at University of Southern Indiana; and one younger brother, Conner, who attends The Hope Source in Indianapolis. Passions? "I do like singing, and I like the arts, I like painting. I'm interested in music, psychology and law." She has recently selected her courses for her junior year for 2022-23, and those courses will include Psychology, Sociology, Law Education, AP Photography and Sports Medicine. Someday, she hopes to be a forensic psychologist or a criminal lawyer.

And Another Thing...

GiGi's Playhouse Indianapolis, a local Down syndrome achievement center, will host its annual "I Have a Voice" Gala on Saturday, February 19th. This year's theme, "Reimagined!" is a nod to the two-year hiatus the in-person gala had to take due to COVID-19. Registration for the Gala is live through February 14th at https://gigisplayhouse.org/indianapolis/gala-indy/. Festivities will include dinner, a silent auction, and live entertainment - including a performance by GiGi's ballroom dancers.

# The TIMES

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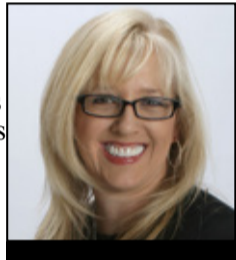
Photo courtesy of Noblesville Millers

Noblesville High School Millers girls varsity girls basketball team on Saturday celebrates their seventh regional championship and the first since 1996, against Fort Wayne Snider by a score of 78-63. The Girls will advance to semi-state on Saturday at Logansport.

## Miller Girls Head For Semi-State, Savor Event Raises \$14K For North, Miller-Palooza Nearing, No Masks

Noblesville High School Miller girls varsity girls basketball team on Saturday won their seventh regional championship and the first since 1996, against Fort Wayne Snider by a score of 78-63.

The Miller Girls (23-4) will advance to the semi-state with a game against Crown Point (24-3) at 7 p.m. Saturday at



BETSY REASON  
The Times Editor

Logansport Berry Bowl. Also, congratulations to the Noblesville Band jazz groups for an amazing weekend at Pendleton Jazz Fest. The highest marks were given for all five NHS bands, Jazz 1 got a standing ovation in the middle of their set, plus 10 students played with the world famous drummer, Jeff Hamilton.

Plus, Noblesville Indoor Percussion Ensemble (NIPE) won the Franklin Central Invitational on Saturday.

And NHS wrestler Jake Long, a 220-pound Indiana High School Athletic Association (IHSAA), on Saturday became a state qualifier and NHS wres-

ting coach Michael Weimer's first state qualifier as a head coach.

A special shout-out also goes to Steve and Moffett Craig's grandson, NHS senior Jonathan Baker, who on Saturday was awarded Indiana State School Music Association (ISSMA) Gold for his vocal solo, "Arm, Arm Ye Brave" from Handel's oratorio, "Judas Maccabaeus."

Being that I have a child in Noblesville Schools, and being a taxpayer, I always love to hear good things happening in the district.

See BETSY Page A7

## Save The Spoon



JOHN O. MARLOWE  
The Good Sport

Regardless of what you're hungry for, the next time you dine out, I'm going to change the way you look at your next

meal. There's something you've enjoyed at every feeding that is fast be-coming extinct.

No, it's not the snowy egret or the flamingo. Although I've been told they both taste like chicken, few of us have dined on those through the years. What I've noticed missing is actually not on the plate. It is next to it.

Gone, gone perhaps forever, is the spoon.

Have you noticed? It took my friend, Brian, to bring it to my attention. He likes sweetener in his iced tea, and goes livid every time he has to stir his beverage with a knife or fork. Each time we dine at a restaurant, he sets the tone for indignation when he

See MARLOWE Page XX

## The Daily Almanac

Sunrise/Sunset  
RISE: 7:38 a.m.  
SET: 6:18 p.m.

High/Low  
Temperatures  
High: 45 °F  
Low: 20 °F

Wacky Holiday Today  
• National Hippo Day  
• Singles Awareness Day

### What Happened On This Day

- 2001 The first draft of the human genome is published
- 1989 The Soviet Union pulls out of Afghanistan

### Births On This Day

- 1564 Galileo Galilei Italian astronomer, physicist
- 1934 Graham Kennedy Australian actor

### Deaths On This Day

- 2005 Samuel T. Francis American journalist
- 1988 Richard Feynman American physicist, Nobel Prize laureate

## Is it Alzheimer's?



JOHN R. ROBERTS, M.D.  
Hamilton Health

"Dad is getting awfully forgetful - could he have Alzheimer's?" That's becoming a more common question.

It is becoming more likely to encounter someone with Alzheimer's dementia as the proportion of elderly in our society increases. Some forgetfulness is normal for most of us as we age but many of us carry the fear of developing Alzheimer's or another form of dementia.

The word dementia stems from the Latin root de- "apart or away" and mentis "mind." It is characterized by a progressive decline in cognitive and behavioral function due to damage or disease in the brain beyond what is expected in normal aging. Alzheimer's dementia or AD is the most common type of dementia.

Approximately 5.5 million people in the U.S. suffer from clinically significant AD. There are many more who have mild disease (mild cognitive impairment) and remain functional. Most cases of AD are sporadic while about seven percent of cases are genetic in origin.

See ROBERTS Page A7

Photo courtesy of the Hamilton County Reporter  
Dennis Lockhart, a 1995 graduate and four-sport athlete, was among the HHHS Athletic Hall of Fame 2021 inductees.

## Heights Accepting Nominations for Athletic H.O.F. Class of '22

The Hamilton Heights Athletic Hall of Fame Committee is seeking nominations from the public for the Class of 2022. Nominations are being accepted through March 31, 2022.

Hamilton Heights Athletic Hall of Fame was created to recognize and honor Hamilton Heights High School athletes, coaches, teams, and athletic

program contributors for their achievements and/or contributions to the Hamilton Heights High School athletic program.

The Hamilton Heights Athletic Hall of Fame, created in 2019, is an opportunity for the corporation to recognize

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## OBITUARIES

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Barbara W. Gunn  
Dr. Andrew Jay Mandery

## HONEST HOOSIER

Can you be born with a photographic memory, or does it take time to develop?



## TODAY'S HEALTH TIP

Generic medications are safe and effective for the majority of medical conditions. Today's health tip was brought to you by Dr. John Roberts. Be sure to catch his column each week in The Times and online at www.thetimes24-7.com.



## TODAY'S QUOTE

"Journalism is printing what someone else does not want printed; everything else is public relations."  
- George Orwell

## TODAY'S JOKE

The future, the present, and the past walk into a bar. Things got a little tense.



The Times appreciates all our customers. Today, we'd like to personally thank Stacy Elmore of Noblesville for subscribing!



7 DAY FORECAST  
MON: 12/32 MAINLY SUNNY  
TUE: 20/45 WARMER AND DRY  
WED: 41/55 MILD & BRISLY  
THU: 52/52 WINDY, RAIN TO SNOW  
FRI: 13/32 COLDER  
SAT: 21/40 SUNNY  
SUN: 28/53 MILD



## OBITUARIES

### Dr. Andrew Jay Mandery Feb. 17, 1961 - Feb. 8, 2022

Dr. Andrew Jay Mandery, 60, passed on Tue., Feb. 8, 2022 at St. Vincent Hospital in Indianapolis, Indiana.

Dr. Mandery was born on Feb. 17, 1961 in Hamilton, OH at Fort Hamilton Hospital to the late Shirley Ann Mandery.

He has been a miracle baby since birth. After his mother passed, he was raised by his grandparents, James and Marcella Benson, as their own son with the help of Eugene and Carole Ziegler. He grew up alongside his uncles and aunts as brothers and sisters. He was the alleged "golden child" and could do no wrong in the eyes of Marcella, getting his sister, Marci Horner, into trouble often.

Dr. Mandery received a Bachelor's of Science in Zoology and Master's of Science in Parasitology at Miami University in Oxford, OH and he received his Doctorate of Medicine from Indiana University School of Medicine in 1989. His medical training and practice brought him to The Medical College of Ohio, Plastic Surgery Center of Indiana, IU Methodist in Indianapolis, Howard Community Hospital in Kokomo, and St. Vincent Hospital in Indianapolis.

Dr. Mandery received numerous accolades and recognition in the medical field including being double-boarded in both Plastic and General Surgery, Co-chair of Plastic Surgery at IU Health Methodist Hospital, Chair of Surgery and Chief of Staff at Community Howard Regional Health, and a Fellow of the American College of Surgeons.

He met the love of his life, Theresa Shepard, in 1979 while he was a freshman at Miami University. They were married on Aug. 7, 1982 at the College of Mount St. Joseph University Chapel. They had two sons, Walter (AJ) Mandery and Matthew Mandery, and one daughter, Kaitlin Mandery, whom he now joins in heaven.

Not only was Dr. Mandery a skilled surgeon but he loved his Lionel Train collection, rebuilt a 1967 Jeep CJ-5, loved and doted on his dogs (a passion he passed to his son Matt), was an avid pheasant and quail hunter (which he shared with his son AJ), and loved exploring the word through travel. He loved coaching and supporting his boys in their sports. He loved sharing his passions with his family including his three grandchildren. Dr. Mandery was known to often spoil both his boys and grandchildren (who he absolutely adored) and get them anything they would ask for including video game systems and, most recently, a hoverboard. His coworkers and colleagues knew him well by his quick-witted sense of humor and his taste in good music.

Survivors include his wife, Theresa Mandery; his sons Walter "AJ" (Ashley) Mandery and Matthew Mandery; grandsons Callum Andrew Jeffrey (AJ), Rory Patrick and Garrett Dean Mandery; grandpuppies Luke and Leia Mandery; aunt/sister, Marci (Harry) Horner; sister Dawn Otto; uncles/brothers Doug (Patti) Benson, and James Benson; siblings/cousins Roxie (Donnie) Ziegler-Lunsford, Rodney "Gene" (Molly) Ziegler and Robert Kraus; along with many nieces, nephews, and cousins.

He was preceded in death by his daughter Kaitlin Mandery; his mother, Shirley Ann Mandery; his father Frank Lowell Otto; his grandparents James and Marcella Benson; his brother/uncle Eugene and sister Carole Ziegler; his sister/aunt Marian (Phil) Kraus; and brother/uncle, John (Ann) Benson; his loving father-in-law and mother-in-law, Walter and Roberta Shepard; and many loved four legged companions.

Funeral services are scheduled to be on Fri., Feb. 18th, 2022 at Dennis George Funeral Home 44 S. Miami Ave. Cleves, OH 45002 with the visitation scheduled to run from 10 a.m. until 12 p.m. Service will be at 12 p.m. with Pastor Allen Schoonover officiating. Burial will be at Glen Haven Cemetery in Harrison, OH.

A Celebration of Life for Dr. Andrew Jay Mandery is scheduled to be held on Sat., Feb. 19th, 2022 at Bethel Lutheran Church 20650 Cumberland Rd, Noblesville, Ind., 46062 starting at noon.

Donations can be made to Bethel Lutheran Church of Noblesville, Ind., to carry on the work of our Lord Jesus Christ.

### Barbara W. Gunn Oct. 3, 1923 - Feb. 14, 2022

Barbara W. Gunn, 98, of Noblesville, passed away on Mon., Feb. 14, 2022 at Harbour Manor Care Center in Noblesville.

She was born on Oct. 3, 1923 to Vernon and Glee (Vickery) Weir in Sheridan, Indiana.

Mrs. Gunn worked as a baker for 12 years at Rose-lynn Bakery, retiring in 1986. She was a member of First Christian Church of Noblesville and loved playing Bingo.

Survivors include her daughter-in-law, Debbie Gunn; great-grandchildren Cameron (Jennifer) Weaver and Sara (Eric) Parrish; great-great-grandchildren Zane Parrish, Hailee Parrish, Tatum Parrish and Jerek Parrish; step-granddaughter Tammy Roberts; and step-great-grandchildren Jacob Roberts and Autumn Roberts.

In addition to her parents, she was preceded in death by her son, Larry Gunn; and granddaughter Dawn King.

Visitation is scheduled to be from 11 a.m. to 1 p.m., with services scheduled at 1 p.m., on Fri., Feb. 18, 2022 at Randall & Roberts Funeral Home, 1150 Logan Street, in Noblesville. Burial will be at Crownland Cemetery in Noblesville.

Condolences can be made online at [www.randallroberts.com](http://www.randallroberts.com).

### Betty S. Baker

Dec. 14, 1944 - Feb. 10, 2022

Betty S. Baker, 77, of Bluffton, Indiana passed away at 8:30 p.m., Thu., Feb. 10, 2022 at River Terrace Estates.

She was born Dec. 14, 1944 in Bowling Green, Kentucky to Archie M. and Virginia Florence (Tinsley) Frazee who preceded her in death. She married Kenneth L. Baker on Feb. 18, 1966 in Noblesville, Indiana. He preceded her in death on March 4, 2020.

Mrs. Baker graduated from Noblesville High School in 1963 and furthered her education graduating from Indiana Central Business College. She was a Social Services Long Term Care Professional with a 20-year career at Ossian Health Care / TLC Management, retiring on Oct. 22, 2010. She also served in the Wells County Cooperative Extension Office for 13 years.

Mrs. Baker was a member of Business & Professional Women, Bluffton Community Women and attended the St. Luke Church. She enjoyed musicals, scrap-booking, cross-stitching, reading, and spending time with her family.

Survivors include her daughter Julie L. (Joe) Smith of Bluffton; brother Timothy J. Frazee of Noblesville; sister Beth A. Bentley of Fishers; granddaughter Elizabeth Kovaes of Boston, Massachusetts and grandson Gabriel A. Smith of Bluffton, Ind..

Visitation is scheduled to be held from 4 p.m. to 6 p.m. Fri., Feb. 18, 2022 at St. Luke Church, 4960 W. 100 N. Decatur, Ind. A celebration of life service is scheduled to follow at 6 p.m. with Pastor Mike Wertemberger officiating. Burial will take place at a later date at Crown View Cemetery, Sheridan, Indiana.

Preferred memorials are to St. Luke Building Fund or St. Jude Children's Hospital.

Funeral arrangements have been entrusted to the care of Zwick & Jahn Funeral Home in Decatur, Ind.

To sign the online guestbook, visit [www.zwickjahn.com](http://www.zwickjahn.com). The service will be livestreamed on the Zwick and Jahn Facebook page. <https://www.facebook.com/Zwick-Jahn-Funeral-Homes>.

### LaDean M. Boone

Feb. 5, 1936 - Feb. 11, 2022

LaDean M. Boone, 86, of Noblesville, passed away on Friday, February 11, 2022 at Wellbrooke of Westfield.

She was born on February 5, 1936 to William H. and Alyda M. (Taylor) Beavers in Medora, Ind.

Mrs. Boone was a 1953 graduate of Mitchell High School. She was a homemaker for many years. She also enjoyed working in the retail industry where she was a model in fashion shows and successful in retail sales.

Mrs. Boone was a member of Epsilon Sigma Alpha sorority. She was also a member of Noblesville First United Methodist Church. In addition, she was a talented artist and enjoyed tole, folk art and decorative painting.

Survivors include her son Michael (Marie) Boone of Bloomingdale; daughter Julie (Robert) Fischer of Noblesville; grandchildren Rebecca (Rob) Werner of Jasper, Stephanie Pruett of Lafayette, Nicholas Fischer of Muncie, and Zachary Fischer of Noblesville; and five great-grandchildren.

In addition to her parents, LaDean was preceded in death by her husband of 55 years, Robert E. Boone; an infant son, Richard Allen Boone; and her brothers Joe Beavers and Bill Beavers.

Private family services will be held. Memorial contributions may be made to Transitions Hospice, 8435 Keystone Crossing, Suite 108, Indianapolis, Ind. 46240.

Condolences can be made online at [www.randallroberts.com](http://www.randallroberts.com).

## How Things Are Done



**CARRIE CLASSON**  
The Postscript

One reason to travel is to discover how things are done all over again. My husband, Peter, and I are in Mexico, and I was thinking this as we stood, confounded, in front of the washing machine.

It would not start. There was a dizzying array of buttons and commands. I was pleasantly surprised to realize that I actually understood what almost all the buttons meant. Unfortunately, my Spanish skills were of no use whatsoever in making the machine start.

"We need to put soap in it," Peter advised.

"I don't think we want to put soap in it until we know we can get water in," I replied.

We continued to poke buttons and stare at the machine, completely flummoxed.

The good news was that Alma, a cheerful housekeeper, would be by in three days. We would only have to wear dirty clothes over the weekend and then Alma would come to save us. Peter and I stared at the machine for a few more minutes, pushed a few more buttons, then declared defeat. I decided I could air out a shirt for tomorrow. I don't know what Peter decided to wear.

Of course, something like this happens to us at least three times a day when traveling.

Two days ago, we found a wonderful bakery. There were shelves of pastries and rolls and a few assorted baked goods displayed on the counter. I started telling the woman who worked there which of the rolls and pastries I would like and she began putting them in a bag.

"Oh, but I don't want all those!" I tried to tell her in

Spanish. Under pressure, it's a lot harder to come up with the right words to refuse an excessive number of pastries. She gave me a look that I could not quite identify and kept piling all the pastries displayed on the counter into the bag.

Finally, she finished filling the bag and handed it to a woman standing behind me—who I had not even noticed in my eagerness to buy pastries. They were her pastries. The bakery woman handed me a tray (it looked like, and I'm pretty sure it was, a pizza pan) and pointed to the shelves loaded with baked goods, with sets of tongs conveniently located at the bottom of every shelf.

"Oh."  
After I apologized to the bakery woman (who clearly thought I was an idiot) and the woman with the bag of pastries (who had good reason to feel the same), Peter and I began to select a few rolls and pastries—but nowhere near as many as we thought we would have to buy a moment earlier.

Late that night, I started giggling in bed. "That woman thought the gringos were going to make off with her pastries!" I said to Peter. He started chuckling. "There's a whole lot of ways of doing things we know nothing about," he noted. Peter is right.

And that is a big reason why we like to travel as we do, living amongst people who live here all the time, embarrassing ourselves regularly while we encounter new ways—and often better ways—of doing things we do all the time without thinking.

Alma sorted out the washing in no time flat. Three buttons were all that were required to get it started. I have no idea why there were so many. They were put there to be ignored, apparently. Peter and I now have clean clothes and a nice supply of fresh bread.

It feels like a major accomplishment because, actually, it is.

Till next time,  
Carrie

- Carrie Classon's memoir is called "Blue Yarn." Learn more at [CarrieClasson.com](http://CarrieClasson.com).

## IDEM Offers Free Virtual Earth Day Presentations To Hoosier Students



The Indiana Department of Environmental Management (IDEM) is offering free virtual presentations to elementary schools

across the state to celebrate Earth Day 2022. Every year, IDEM staff meet with students to talk about their careers and share science, technology, engineering, and math (STEM) based lessons about air, land, water, and recycling.

"IDEM's annual Earth Day presentations are a great way to teach students about the importance of protecting our environment," said IDEM Commissioner Brian Rockensuess. "These virtual lessons encourage students to understand how their actions can impact themselves and their community."

Virtual Earth Day

presentations are available for elementary schools across the state and vary in length from 30 to 50 minutes. The interactive presentations offer activities such as reduce, reuse, recycle your trash; or a demonstration on how water flows through a watershed. Teachers who participated in IDEM's virtual presentations last year commented about how much they enjoyed the "hands-on way of learning" and "my students are still using the words they learned from the presentation."

Registration is required and is now open. Please visit [www.idem.in.gov/iee/index.htm](http://www.idem.in.gov/iee/index.htm) to see dates,

topics, and to register. Educators may direct questions to IDEM's Environmental Education Outreach Coordinator at [education@idem.IN.gov](mailto:education@idem.IN.gov) or 800-988-7901. Presentations are also available throughout the year. For more information, please visit IDEM's Environmental Education website: [www.idem.IN.gov/iee/](http://www.idem.IN.gov/iee/).

IDEM ([idem.IN.gov](http://idem.IN.gov)) implements federal and state regulations regarding the environment. Through compliance assistance, incentive programs and educational outreach, the agency encourages and aids businesses and citizens in protecting Hoosiers and our environment.

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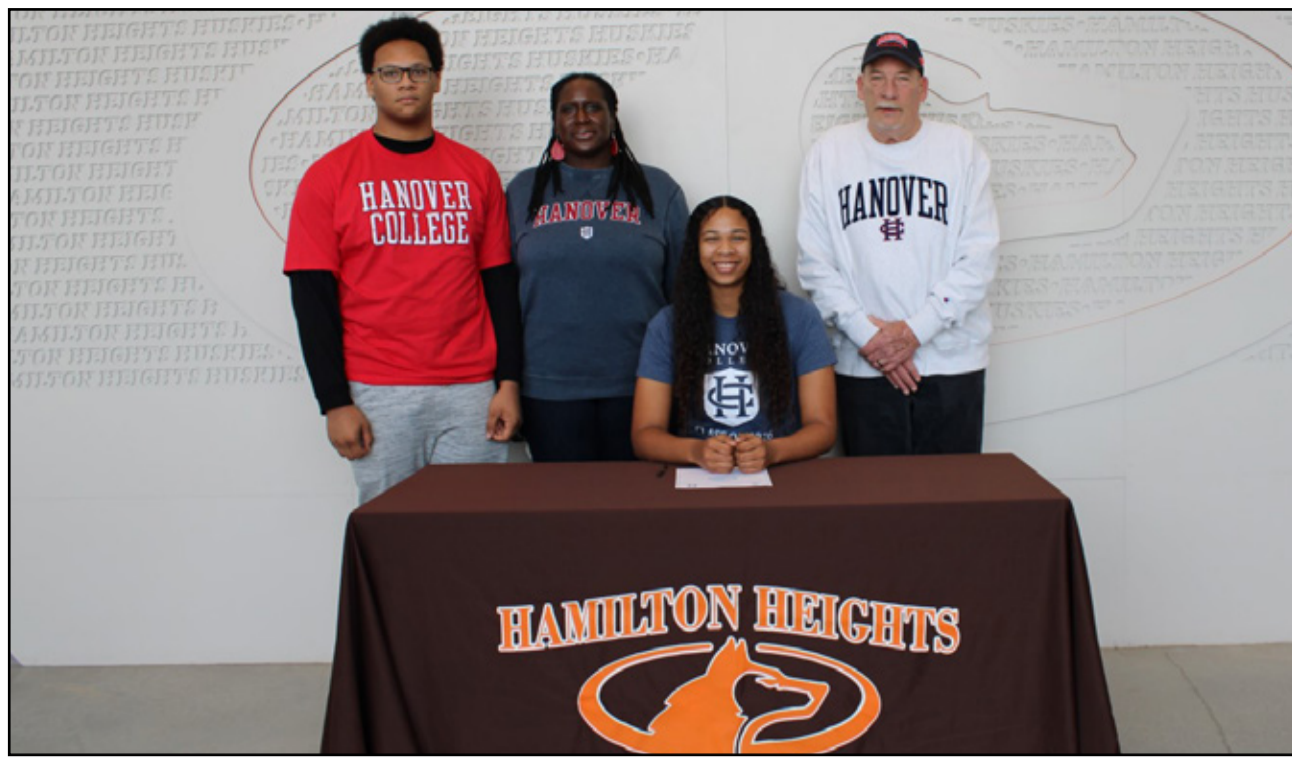


Photo courtesy of Jennifer Kauffman

Hamilton Heights' senior MyKayla Moran has signed a letter of intent to play basketball for the Hanover College Panthers in Hanover, Indiana this fall. Moran is pictured with (l-r); Mason (brother) and parents, Cherry and Ron Moran.

# Heights' Moran Signs to Play Basketball at Hanover College

MyKayla Moran, Hamilton Heights' senior, has signed a letter of intent to play basketball for Hanover College in Hanover, Indiana this fall. Hanover College is a member of the Heartland Collegiate Athletic Conference (HCAC) and a NCAA Division III athletic institution. She is the daughter of Cherry and Ron Moran. It was the Kinesiology and Integrative Physiology program, beautiful campus, and family atmosphere created by the women's basketball team that made this liberal arts institution in southern Indiana Moran's top pick to pursue her education and play collegiate basketball. She liked the fact that she would have

many opportunities to gain hands-on experience with athletic trainers as she works toward becoming a Certified Athletic Trainer. In terms of the women's basketball program, the coaches and players were warm and welcoming. She felt like she could excel in the classroom and on the court at Hanover. Moran has loved playing basketball since the age of five. She has worked to build her skill set, stamina, and presence on the court during practices, at Accel Indy to train with former Hamilton Heights player, Maddie Herr, and trained with M14 to bounce her game up to the next level. She credits a lot of her success and development to her parents. Both

pushed her to be the best person and player possible and she believes she would not be here today without their support and involvement. Moran, a member of the National Honor Society and who works for Prairie Lakes Health Campus, is a four-year varsity letter holder. In addition, she was named the Most Improved Player 2019-20, Leading Rebounder in 2019-20 and 2020-21, All-Conference Honorable mention 2019-20, and All-Conference 2020-21. "On behalf of the entire coaching staff here at Hamilton Heights, we wish to congratulate MyKayla on this fantastic opportunity," said Hamilton Heights Girls Basketball Head

Coach Keegan Cherry. "We thank her for her commitment to the program and wish her the best as she pursues her goals as a student athlete at Hanover College." "MyKayla has worked extremely hard over her high school career to improve her game," added Hamilton Heights High School Athletic Director, Kurt Ogden. "It's exciting to see that the hard work has paid off for her and she has earned this opportunity to play at Hanover College. Incidentally, she wouldn't have received this offer without working just as hard in the classroom. She is a solid student and a great role model for our program. We wish her well as she prepares for the next level."

## Justin Roberts of Indianapolis Earns Degree from Georgia State University

Justin Roberts of Indianapolis earned a Bachelor of Arts degree, majoring in Speech Communications from Georgia State University during the fall 2021 semester. More than 3,000 students graduated from Georgia State University during the fall 2021 semester at the associate's, bachelor's, master's, specialist and doctoral levels.

Georgia State University, an enterprising urban public research university, is a national leader in graduating students from widely diverse backgrounds. The student body of nearly 52,000 demonstrates that students from all backgrounds can achieve at high rates with unsurpassed connections to the city's business, government, nonprofit and cultural organizations.

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## Girl Scouts Encourage Volunteers, Staff To Show Love To Local Schools

Girl Scouts of Central Indiana has launched a new initiative encouraging their large network of volunteers, board members, and staff to show their love for schools and become substitute teachers. All those interested in substituting for their local school districts will be reimbursed the cost of the Indiana Department of Education substitute teacher permit fee and if requested, any necessary background check fees.

"We love our educational partners, and we know the ongoing impact of COVID-19 continues to create stressors not only on teachers, but on the entire education system," said Danielle Shockey, CEO of Girl Scouts of Central Indiana. "Here at Girl Scouts, we want to lift up and share the power of our extensive network, which includes more than 10,000 volunteers and 100 staff members, whose care for youth development is evidenced by their Girl Scout volunteerism, service, and employment."

Once they receive their substitute teacher permit, Girl Scouts are encouraging their volunteers to substitute full time or for just a few days a month. Also, Girl Scouts of Central Indiana will release staff members from job duties for up to two days a month to be a substitute in their own school commu-

nity. Girl Scouts has been working with the Indiana Department of Education to answer questions and prepare their volunteers, board members, and staff as they get ready to show their love for teachers in this very hands-on way.

"Keeping students safely learning in the classroom is a priority, as we know that in-person instruction provides the ideal learning environment for most students. In order to do this, there are often times when schools need additional support in the form of substitute teachers," said Dr. Katie Jenner, Indiana Secretary of Education. "This new initiative launched by Girl Scouts of Central Indiana is not only innovative but has the potential to improve learning outcomes for the students it will impact. I commend them for identifying a need in our state and for being an active partner in finding solutions."

Each school district in Indiana owns their own process for hiring substitutes, so interested volunteers, board members, and staff are encouraged to first follow directions from their local school districts then proceed through the process of securing the Indiana Department of Education substitute permit. To become a Girl Scout volunteer, visit [www.girlscoutsindiana.org](http://www.girlscoutsindiana.org).

## Seven Corners Announces New Hires, Promotions To Prepare For Growth

Seven Corners, a leading travel insurance and specialty benefit management company, has announced several new hires and significant promotions within the organization in an effort to align the company for the anticipated growth expected to take place within the travel insurance sector this year with hopes of a post-pandemic world in sight.

Greg Jung has been promoted to executive vice president and chief growth officer, Paige Slaughter has been promoted to director of product management, and James Capozzi, senior sales and business development director, is now responsible for the newly formed Government Solutions division of Seven Corners, overseeing growth initiatives for Seven Corners' government programs.

Previously serving as the senior vice president of sales and marketing, Jung will focus on leading the execution of Seven Corners' growth strategy while overseeing activities across marketing, product marketing, product management, strategic account management, digital sales and managing the Government Solutions division along with Capozzi. Formerly the senior manager of program and policy administration, Slaughter is now responsible for Seven Corners' product

roadmap and product portfolio strategies. She will also lead all program implementations for the travel insurance business as well as partner relations' activities. Both Jung and Slaughter are going on four years with the company.

"Remaining focused on providing the highest level of customer-centric services, especially as people prepare to travel again, positions Seven Corners for continued growth," Jung said. "I'm excited to serve in a new position that's dedicated to that growth and to evolve our focus as we begin to exit the pandemic and capitalize on the anticipated surge expected to occur in the travel insurance market. Having a team focused on growth will also allow us to strengthen our presence in the government solutions space with the launch of our website and the planned initiatives for our Bureau of Prisons division."

Jamee Gifford recently joined the Seven Corners team as manager of digital sales and growth strategies and is responsible for the growth of the organization's digital sales team, which is expected to double in size this year. Becky Hart has been hired as a communications specialist tasked with managing the growth of Seven Corners' content strategies and so-



HCTA President, Westfield Washington Township Trustee Danielle Carey Tolan



Hamilton County Commissioner Mark Heirbrandt

## Hamilton County Emergency Rental Assistance Helping Residents Through COVID-19 Pandemic

The Hamilton County Township Association (HCTA) released their 2021 Annual Report on the Hamilton County Emergency Rental Assistance Program (HC ERAP) today. It outlines how the program helped stabilize the rental market during 2021. \$7,771,772 was awarded in rental/utility assistance to Hamilton County residents. Specifically, \$7,266,070 was awarded in rental assistance and \$505,701 in utility assistance, helping 1,380 unique households from being homeless due to the effects of COVID-19.

"The median combined household income of applicants receiving assistance is \$17,297 so clearly, we are assisting county residents really struggling to make ends meet," says Danielle Carey Tolan, HCTA President and Westfield Washington Township Trustee. "As the winter months continue to bring

spikes in COVID-19 along with inclement weather and dangerous temperatures, this program is more important than ever and vital to many of our renters and landlords," says Carey Tolan.

"Not only is this helping our struggling residents, but it's also helping our landlords, who have invested in our county, get paid the money they are owed," says Mark Heirbrandt, Hamilton County Commissioner. "This program served 97 veteran households and 337 households with disabilities. It also helped households where the primary worker needed to be at home to care for children out of school, or family members ill with COVID. 43% of applications were in these three categories so we had a real need. Taking advantage of federal funding to help our residents is something we should all be proud of," says Heirbrandt.

"There has been a

concern among some residents that programs like ERAP have been contributing to the labor shortage," says Carey Tolan. "We know businesses are hurting, and in an economy operating at full employment a top priority is for us to keep a roof over someone's head so they can stay in our community and retain or identify employment. Evidence shows that when that housing stability falters the ability to effectively work or participate in education or training goes with it." 57% of the households served by ERAP had at least one resident working.

Out of the 3,618 total applications received in 2021, 511 were denied assistance due to either fraud or not meeting eligibility. To be eligible for financial assistance from HC ERAP, you must be a renter in Hamilton County, Indiana, at least one adult in your household must have experienced

a loss of income due to COVID-19, and your household income is at or below 80% of the area's median income.

The online application can be found at [www.HCTAIndiana.com](http://www.HCTAIndiana.com). A call center (317-618-3125) is open Monday through Friday, 9am to 5pm to assist renters and landlords. The website also provides a list of local partners, throughout the county, available to help residents with the application process. You can visit your local library or a partner site if you need internet access.

The Hamilton County Emergency Rental Assistance Program is included in two stimulus packages from the U.S. Department of Treasury. Six Indiana counties, including Hamilton County, were allocated funds in terms of grant dollars for COVID-19 relief assistance for rent and utilities, with the purpose of stemming homelessness and helping the economy.

cial media initiatives. And finally, Joanna Woerner joined Seven Corners as the digital marketing manager, responsible for leading digital marketing and advertising growth strategies.

"We are thrilled to be able to further strengthen the Seven Corners organization through the skills our new team members bring to the table and the promotion of several of our current team members," said Jeremy Murchland, president of Seven Corners. "We expect people to be eager to travel this year and to purchase travel insurance due to the many unknowns the pandemic still presents. Growing our team will allow us to handle this projected growth in the market in a way that positions us well for success."

## Indiana Lawmakers To Host Annual Blood Drive To Aid with Historic Blood Shortage

Members of the Indiana General Assembly are rolling up their sleeves to help address the blood supply crisis by hosting their 13th annual Statehouse Day Blood Drive on Wednesday, Feb. 16 from 9 a.m. to 4 p.m. in the South Atrium at the Indiana Statehouse. Dangerously low blood supply levels are posing a concerning risk to patient care and forcing doctors to make difficult decisions about

who receives blood transfusions and who will need to wait until more products become available.

"We are experiencing less than a day of supply of blood on the shelves, and donations are needed to help prevent further delays in vital medical treatments," said Julie Brady, Regional Donor Services Executive for the American Red Cross - Indiana Region. "We thank our state legislators for

hosting this annual event to ensure we continue to combat threats to the blood supply."

**What:** Indiana Statehouse Day Blood Drive  
**When:** Wednesday, Feb. 16, 2022; 9 a.m. - 4 p.m.

**Where:** South Atrium at the Indiana Statehouse; 200 W. Washington St., Indianapolis

**Why:** To address the dangerously low blood supply levels

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Photos courtesy of Chrysler/Jeep

## 2022 Jeep Grand Cherokee Is Old School Cool, New Tech Lush



**CASEY WILLIAMS**  
Auto Reviews

If you want a classic Jeep Grand Wagoneer circa 1990, expect to pay \$80,000 for one in collectible condition. They tend to last forever and still cut a swath at Friday night football games, but that's a lot of money for an old-school SUV. If what you really want is the style of the old Grand Wagoneer, but with today's tech and lux, consider a 2022 Jeep

Grand Cherokee Summit Reserve.

You'll want the L edition, which means an extended wheelbase and roomy third-row seating for family and friends. This is the first time the Grand Cherokee has been available with the extra seat and it's far better for it. This one fits real adults behind middle-row captain's chairs with individual automatic climate controls, heated and ventilated cushions plus a panoramic roof above. A large center console is perfect for storing electronics and beverages.

Curbside, you might have noticed a little additional length, which only makes the restyled Grand Cherokee more imposing. In classic Detroit tradition, the new model is longer, lower, and wider

than the model it replaces to improve handling and interior space. You'll mistake the latest Grand Cherokee for nothing other than a Jeep with its trademark seven-slot grille, LED projector headlamps, elegant roof pillars, and chiseled sides. A slight prow to the hood and 21" wheels add purpose. I kinda wish stylists hadn't skipped the woodgrain.

Back inside, front passengers push out in heated and ventilated diamond-stitched leather seats, adding a back massager and heated steering wheel for the driver. Face a dashboard with stitched coverings, carved woodgrain panels, and intuitive touchscreen that seemingly waterfalls over the center console. A weighty metal gear

selector and 950w McIntosh audio system drench occupants with élan.

Devices connect through Apple CarPlay, Android Auto, Wi-Fi hotspot, and wireless charging pad, but there's a full suite of safety tech too. It starts with emergency auto braking, lane keep assist, and rear cross path detection, and extending to adaptive cruise with lane centering, digital rearview camera, and night vision with animal/pedestrian detection. There was no danger of leaving my daughter behind given a rear seat child reminder.

Jeep offers an optional 359 horsepower V8 in the Grand Cherokee, but I prefer our vehicle's 3.6-liter V6 that delivers 293 horsepower and 260 lb.-ft. of torque.

That's still nearly double the output of the classic Grand Wagoneer's V8. Even better, power is shifted through a smooth eight-speed automatic transmission that enables a 18/25-MPG city/highway (about 10-MPG better than the old wagon). Tow up to 6,200 lbs. of camper, boat, or...classic truck.

Underpinning the Grand Cherokee is a stretched version of the Alfa Romeo Stelvio's platform, which imbues a lighter, more athletic feel than the last generation's Mercedes-derived architecture. In case you're worried this Italianized Jeep might eschew the brand's hard-core reputation, know it comes with the Quadra-trac II four-wheel-drive with low range capability. An

air suspension coddles passengers with a comfortable ride, but also raises up to clear obstacles on-trail.

If you have the craving and bank account for a Jeep Grand Wagoneer, by all means get one. They are eternally cool. However, you can also acquire a far superior vehicle for significantly less money...even if it doesn't have woodgrain bodysides. Long-wheelbase Grand Cherokees start at \$39,220, but came to \$67,090 as tested. Competitors includes the Subaru Ascent, GMC Yukon, Kia Telluride, and Ford Explorer.

Storm Forward!

- Send comments to Casey at [AutoCasey@aol.com](mailto:AutoCasey@aol.com); follow him on YouTube @ AutoCasey.

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# Senators Braun, Burr Lead In Preserving Independent Contractor Classification

Senator Mike Braun and Senator Richard Burr, Ranking Member of the Senate Committee on Health, Education, Labor and Pensions, are leading an amicus brief to the National Labor Relations Board regarding The Atlanta Opera, Inc. 371 NLRB No. 45 (2021), which may upend the established precedent for classifying workers as independent contractors under the National Labor Relations Act (NLRA). They are joined by Senators John Barrasso, Cynthia Lummis, James Lankford, Ted Cruz, Cindy Hyde-Smith, Jerry Moran, Rand Paul, Bill Hagerty, Roger Marshall, and Tim Scott. This action by the National Labor Relations Board is a thinly-veiled attempt to institute worker classification changes contained within the Protecting the Right to Organize ("PRO") Act that Congress could not enact. In

August, Senator Braun anticipated that supporters of the PRO Act would "enact the remaining portions of the PRO Act by regulatory fiat through the NLRB," which is now under Democrat control. The Senators write: "The Amici are the 12 undersigned United States Senators that are concerned with the potential attempt by the National Labor Relation Board ("NLRB" or the "Board") to revise the definition of independent contractor under the National Labor Relations Act ("NLRA" or "Act"). Such a revision would constitute significant overreach and circumvention of Congress. Further, the questions posed by the Board are of great importance to our constituents, as the Board's determination will have both immediate and long-term effects on millions of workers currently classified as independent contractors."

In the House of Representatives, Republican Study Committee Chairman Banks (IN-03), Rep. Rick Allen (GA-12), and Ranking Member Virginia Foxx (NC-5) are also leading an amicus brief on this case. They are joined by Madison Cawthorn (NC-11), Jeff Duncan (SC-03), Scott Perry (PA-10), Glenn Grothman (WI-06), Tim Walberg (MI-07), Elise Stefanik (NY-21), Marinette Miller-Meeks, M.D. (IA-02), Chris Jacobs (NY-27), Michelle Steel (CA-48), Bob Good (VA-05), Scott Fitzgerald (WI-05), Byron Donalds (FL-19), Glenn "GT" Thompson (PA-15), John Rose (TN-06), Jay Obernolte (CA-08), Ralph Norman (SC-05), Debbie Lesko (AZ-08), Dan Bishop (NC-09), Tom McClintock (CA-04), Russ Fulcher (ID-01), Burgess Owens (UT-04), Ted Budd (NC-13), Diana Harshbarger (TN-01), and Buddy Carter (GA-01).

# New Study Shows Housing As Key Player In Building Hoosier Economy

An economic impact study conducted by the Indiana Builders Association (IBA) in conjunction with the National Association of Home Builders (NAHB) shows that home building and remodeling industries in Indiana are key contributors to the state's economy. According to the study, the estimated one-year economic impact of building 1,000 single-family homes in Indiana includes \$308.3 million in income for Indiana residents, \$67.0 million in taxes and other revenue for the state and local governments in the state and 4,040 jobs in Indiana. "Residential construction continues to provide thousands of jobs for hard-working Hoosiers and supplies much-needed housing to meet the increased demand we've experienced the past two years. This strong demand continues as the inventory of existing homes for sale remains at record low

levels. We anticipate 2022 will be another robust year for the residential construction industry," said IBA President Paul Schwinghammer. Single-family building permits in Indiana increased 17% in 2021 compared to last year. The total number of single-family permits (21,830) for 2021 is the highest number since 2006. Despite the surge in new construction, home builders still face supply-chain hurdles. "The availability of many building materials has tightened as the demand for new homes has soared. Since the start of the pandemic, many manufacturers and suppliers reduced production and staffing in anticipation of an economic slowdown. The surge in new home sales caught these industries off guard and the recovery to meet the demand has lagged," said Schwinghammer. "Lumber, aluminum and

steel are just some of the materials that have seen triple-digit percentage increases as the cost of a new home has skyrocketed, in some cases, \$100,000 or more within the past 18 months. It is increasingly difficult to provide attainable housing for Hoosier families while the inflationary and supply-chain pressures exist." The Indiana Builders Association (IBA) is a statewide trade organization representing Indiana's home building, remodeling and light commercial construction industry. Established in 1952, IBA has 21 local affiliates across Indiana and is associated with the National Association of Home Builders in Washington, D.C. IBA educates and advocates for the construction industry to positively impact legislative, regulatory and legal issues that affect housing affordability. More information can be found at [www.buildindiana.org](http://www.buildindiana.org).



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# Local Students Graduate From Indiana Connections Academy

More than 100 students recently graduated from Indiana Connections Academy, a tuition-free full-time public virtual school as part of the Class of 2022 - including Isabel Hernandez, Hayden Lee and Kailey Crenshaw from Fishers; and Tarquin Dunn from Noblesville.

Indiana Connections Academy provides students with the continuous support of highly-skilled teachers and curriculum that focuses on academics and social-emotional learning, while helping them gain the skills and confidence they need to thrive in a changing world. With the ability to

work anywhere in Indiana, students hail from small and large cities in Indiana - including Evansville, Fort Wayne, Franklin, Indianapolis, Martinsville, Shelbyville, South Bend and more. In total, during the last ten years more than 4,000 students have received a diploma

from Indiana Connections Academy.

For more than a decade, Indiana Connections Academy has served thousands of students, including traveling athletes, high ability students and students with health issues, special needs or circumstances that require the flexibility of online learning.

Enrollment for Indiana Connections Academy's 2022 - 2023 school year will open soon for students in grades K-12. Details are available online or by calling 1-800-382-6010. For more information about Indiana Connections Academy, visit [IndianaConnectionsAcademy.com](http://IndianaConnectionsAcademy.com).

## HEIGHTS

From Page A1

for their contributions to the district and achievements inside and outside the community. The committee selects inductees not only for their athletic achievements at Heights but because they demonstrate the values of good character and citizenship.

Categories and nomination criteria are included on the application and can be found online on the high school athletics page of the corporation website ([www.hhschuskie.org](http://www.hhschuskie.org)). Applications can be submitted electronically to Mitch Street, Hall of Fame Committee Chairman, ([mstreet@hhschuskie.org](mailto:mstreet@hhschuskie.org)), or mailed to Hamilton Heights High School, P.O. Box 379, Arcadia, IN 46030. For questions or additional information, contact

Mitch Street at 317-984-3551, ext.1092 or email [mstreet@hhschuskie.org](mailto:mstreet@hhschuskie.org).

The Hamilton Heights High School Athletic Hall of Fame was established in 2019 to honor the memory and contributions of the many outstanding athletes, coaches, and supporters of our athletic programs. The Hall of Fame serves as a symbol of our appreciation of the excellence, honor and devotion displayed by these celebrated individuals and teams of not only Hamilton Heights but the schools that ultimately fed into Hamilton Heights (Atlanta, Jackson Central, Walnut Grove, Arcadia, and Cicero). The Hall of Fame will recognize up to six individuals or teams each year.

## ROBERTS

From Page A1

About 14 percent of individuals over age 65 and 40 percent of those over 80 have AD. It is estimated that by the year 2030 there will be 7.7 million Americans over age 65 with AD. The cost of caring for Americans with AD is over \$100 billion a year and the cost of caring for a single AD patient comes close to \$200,000 over his or her lifetime.

Alzheimer's is a type of dementia resulting from specific anatomic changes in the brain. The two hallmark findings in brain tissue examined under the microscope are neurofibrillary tangles (NFT) and senile plaques (SP). Alois Alzheimer first described these abnormalities in 1907.

Although NFTs and SPs are found in AD, they can also be seen in other neurodegenerative diseases such as Chronic Traumatic Encephalopathy (CTE), the degenerative brain disorder thought to be the result of concussions in athletes like NFL football players. NFTs and SPs must be found in sufficient numbers and in a specific anatomic pattern in the brain to make the diagnosis of AD.

Normally, nerve cells (neurons) are very organized, following specific pathways that allow them

to communicate with other neurons. These connections allow us to think and act clearly. The appearance of normal nerve cells would be analogous to straight strands of hair. The nerve cells in AD look like badly tangled hair and the senile plaques that form are like mixing bubble gum in the tangles. The resulting mess of nerve cells drastically reduces the ability of the cells to communicate effectively.

The diagnosis of AD is very complex and there are numerous criteria that have to be met that are too detailed to recount here. Diagnosis usually requires the involvement of a team of medical experts. Physicians start by doing a history and physical exam along with some basic blood work to look for other conditions that can mimic AD. These may include, among others, infections, vitamin deficiencies, depression, and thyroid disease.

The next level of testing usually involves brain-imaging tests such as a CT and/or MRI scan. A brain wave test or EEG may also be done and genetic testing may be done if there is a family history of AD. Specialized neuropsychological testing may be performed to identify exactly which parts of the

brain are affected.

The earliest finding in AD is that of slowly progressive memory loss. Forgetfulness is what causes most people to worry they may be developing AD. Occasionally forgetting things like where you placed your keys or why you came into a room is usually not a cause for concern. It's more worrisome when memory problems start to consistently disrupt daily functioning. There is a list of ten warning signs found on the Alzheimer's Association website at [bit.ly/3ajnKKV](http://bit.ly/3ajnKKV). This site also contains a wealth of information about the disease.

The underlying cause of AD has been very elusive. Recent research is shedding light on the biochemical pathways leading to AD. This is providing scientists with targets for drug therapy to prevent the disease instead of just trying to slow the progression with currently available medications. Hopefully Alzheimer's will be soon be a treatable or preventable disease.

*- Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine as well as the Deputy County Health Officer in Montgomery County.*

## MARLOWE

From Page A1

asks the waiter to retrieve a tea-spoon for his drink.

"What's a guys supposed to do to get a spoon around here?"

The spoon used to be the mainstay of our table setting. It is the oldest of our utensil trinity. The fork wasn't innovated until conceived by the Ancient Greeks and Persians in the fourth century. The knife dates way back 1.8 million years when early humans discovered how hard it was to pierce dinosaur flesh with chop sticks.

Nevertheless, we were all gatherers of food long before we became meat eaters, and let's face it, there's little reason to stab a raspberry.

The word itself gives us a clue to its antediluvian ancestry. "Spoon" is derived from the Scandinavian/German "Span", which means "chip of wood". I imagine that our caveman forerunners finally got tired of scooping Ranch™ dip with their fingers at their Super

Bowl™ parties.

The spoon is the most elegant of our dinnerware. It is smooth, with inviting lines and soft rounded edges. It is graceful and welcoming - almost intimate. Lovers "spoon". And when we snuggle, front to back, with our knees folded inside the bend of our partner's knees, that's called "spooning".

Split up, and we are knifed in the back.

We give babies spoons! Who wants to be impaled by flying peas? We don't introduce babies to forks until age 15 months, and let kids have knives until they are much older ... age seventeen, in some cases.

Today, unroll the napkin shrouding your dinnerware next time you eat out, and you will normally find only a knife and fork. Often, you'll find a knife and two forks, which is awfully pretentious. I've discovered very little food that is so delicious that we need to shovel it in with both hands.

The only time a restaurant brings a spoon these days is if you order the soup. Even then, the utensil that arrives looks more like a ladle, with a scoop so wide they must have pinched it from Carol Channing's silverware drawer.

I understand the reasoning. We have no one to blame but ourselves. We don't order soup like we did in the past. We have sacrificed elegance for efficiency. Restaurants must wash every utensil that is brought to the table, regardless if it is used or not.

Personally, at the fancy establishments that I frequent, I believe that if restaurant owners just understood how hard it is to scoop out the last remnants of ketchup from those little white cups, they'd bring spoons back immediately. Stick a fork in it.

*- John O. Marlowe is an award-winning columnist for Sagamore News Media.*

## BETSY

From Page A1

For instance, a whopping more than \$14,000 was raised for North Elementary School -- the district's oldest elementary -- on Thursday during the third annual 21-and-older Savor Noblesville food event, said district spokesperson Marnie Cooke.

The \$30-per-person event took place at Rocky Shanehsaz' Mill Top Banquet & Conference Center (a North Star sponsor) and offered the sampling of food and libations from an array of vendors. Proceeds were donated to the North Elementary's PTO to support students and families. Financial assistance is provided to nearly 40 percent of North students for meals, school supplies and book rental.

My daughter attended North Elementary as a kindergartener, then after attending Stony Creek Elementary for first and second grades, thanks to redistricting, she returned to North for third, fourth

and fifth grades.

Next up, there are only 17 days until Noblesville Miller-Palooza.

The Aloha-style fundraiser is 6 p.m. March 4 at the Embassy Suites in Noblesville and benefits Noblesville Schools Education Foundation.

Tickets are \$125 each. It's the district's largest annual fundraiser, and the money is used for grants, scholarships, strategic partnerships and volunteer support. While the 2021 event was virtual, this year's event will return to in-person, with guests invited to dress Aloha style. Festivities include drinks, food stations, games, entertainment, a silent auction and a brief awards program highlighting supporters of Noblesville Schools.

Businesses, nonprofits and individuals can still sign up to donate items for Miller-Palooza's silent auction at <https://www.noblesvilleschoolseducationfoundation.org/miller-palooza/>. Folks



Photo courtesy of Noblesville Schools

**More than \$14,000 was raised on Thursday for North Elementary School during the third annual Savor Noblesville food event at the Mill Top Banquet & Conference Center. Here, Cloud Nine Cuisine owners Amy Huffman and Mary Piggott, who specialize in preparing homestyle weeknight meals for busy families, serve up samples and share about their business during the fundraiser.**

can also make monetary donations to the Education Foundation on the website link.

NSEF's scholarship applications for 2022 opened on Feb. 1, with a scholarship workshop set for Wednesday, with the scholarship deadline

awareness and belonging.

This year's Faculty Night Live -- where teachers dance, sing and act on stage -- will be at 7 p.m. Thursday in the NHS Auditorium. Tickets are \$7 and available online at <https://gofan.co/>.

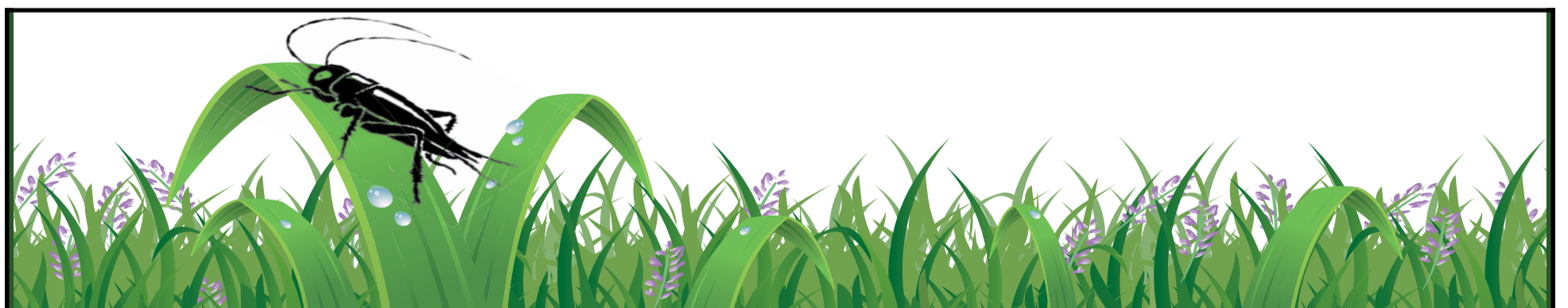
In other district news, enrollment for kindergarten is now open through March 18. Children must be at least 5 years of age on or before Aug. 1, 2022, to enroll for kindergarten. If your child will turn 5 after Aug. 1, but on or before Oct. 1, 2022 they can be considered for early entrance.

A portion of Field Drive in front of Noblesville East Middle School will be closed due to utility construction work beginning after school on Friday. The area is expected to reopen on Friday, February 25. Since there is no school Monday, school traffic is expected to be impacted only on Feb. 22, 23 and 24. Drivers heading to and from Noblesville

High School and/or White River Elementary should seek alternate routes to Cumberland Road, as Field Drive will not be open for through traffic. Pick up and drop off vehicles for Noblesville East Middle School and the Noblesville Schools Community Center must approach from the east, heading west on Field Drive during this time. Drivers will not have access to NEMS or NSCC from the west, heading east on Field Drive. Also, the 16th street side of NEMS is a school bus only zone.

And can you hear our household screaming for joy? Beginning Monday (yesterday), masks -- which were required since the pandemic -- are now optional at Noblesville High School, Noblesville West Middle School and North Elementary. That's definitely something to smile about.

*- Contact Betsy Reason at [betsy@thetimes24-7.com](mailto:betsy@thetimes24-7.com).*



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# TUESDAY

## In The Kitchen

# DAY

Tuesday, Feb. 15, 2022

A8

## A Winning Recipe to Feed Game Day Fans: Cheesy Chorizo Nachos

(Family Features) Settling in for an afternoon of gridiron action calls for football food from dips and appetizers to full-blown feasts. Whether you're a diehard fan, casual observer or just there for the game time grub, a full day of "homegating" requires flavorful eats to refuel the crowd.

One of the easiest ways to take your menu from benchwarmer to superstar status is to add foods from one of the country's top authentic Mexican food brands, Cacique, to your playbook. For example, flavor-packed, heaping Cheesy Chorizo Nachos can score a touchdown at your gathering, even among the pickiest of fans. When the game is on the line, call on this

dish to keep your team satisfied from kickoff to the final whistle.

Made with crumbly, creamy, pleasantly milky queso fresco; authentic real cheese queso dip that's ready in minutes; robust, spicy pork chorizo; fresh-tasting Crema Mexicana; and small-batch homestyle salsa, this shareable dish can feed a houseful of hungry fans. Ready in less than an hour, it's a perfect solution for pregame baking so it's ready just before the coin toss.

To find more game day recipes, visit CaciqueInc.com.

**Cheesy Chorizo Nachos**  
1 package Cacique Pork Chorizo  
1 package Cacique Queso Blanco Queso Dip



Photo courtesy of Family Features

1 can (15 ounces) refried beans  
2 tablespoons water, plus additional, if necessary  
1 bag (12 ounces) torti-

lla chips  
1 package Cacique Ranchero Queso Fresco  
1/2 cup Cacique Crema Mexicana  
1 large jalapeno, sliced

thin  
2 radishes, sliced thin  
fresh cilantro leaves, for garnish

guacamole, for serving  
Cacique Mild Homestyle Salsa, for serving

In large nonstick skillet or well-seasoned cast-iron pan over medium-low heat, cook pork chorizo, using spoon to break it up. Stir regularly until completely warmed through and deep brown, scraping crispy bits from bottom of pan.

Microwave queso dip 2-3 minutes until heated through.

In medium bowl, thin refried beans with water. Beans should be thick but nearly pourable; add additional water 1 tablespoon at a time, if necessary.

Heat oven to 350 F.

To assemble nachos, add half the tortilla chips to 13-by-9-inch rectangular baking dish. Use spoon to drizzle half the queso dip and half the refried beans evenly over chips, distributing as evenly as possible. Sprinkle with half the crumbled queso fresco. Repeat with remaining chips, queso dip, beans and crumbled queso fresco. Bake 5-8 minutes until crumbled queso fresco softens and queso dip is creamy.

Remove from oven then drizzle with crema Mexicana and scatter pork chorizo over top. Garnish with sliced jalapenos, radishes and fresh cilantro. Serve with guacamole and salsa.

## Guacamole Recipes To Make Your Big Game Menu A Touchdown

(Family Features) Whether you're hosting a big game party at home or hitting the road to join friends and family, scoring a touchdown with the crowd starts by supplying superstar snacks.

As one of the most popular foods at many watch parties, the options are endless when it comes to America's favorite guac. From spicy versions with a cayenne pepper kick to bacon-loaded recipes worthy of a trophy, what's your guac of choice? Check out these game worthy recipes, and surprising facts from Avocados From Mexico.

**A Hall of Fame-Worthy Food**

Did you know that guacamole from all of the avocados sold for the big game parties could fill an entire stadium 12 feet high? You can join the millions of game waters who plan to enjoy their



Photo courtesy of Family Features

### Championship Guacamole

guac with this Champion Guacamole recipe, a real craving crusher that can help make your crowd go wild. Smooth, crunchy, smoky and salty flavors all team up to sack hunger with a bacon blitz.

**Ingredients**  
5 ea. Avocados From Mexico, peeled and pitted  
1 lemon, juiced  
1/2 c. white onion, finely

chopped  
1 c. tomatoes, diced  
1/2 c. cilantro, chopped  
1 lb. bacon, fried  
1/2 t. garlic powder  
Salt and pepper, to taste  
**Instructions**  
1. Scoop avocado pulp from shells into a medium bowl and mash with a fork, leaving some chunks  
2. Gently stir in lemon juice, onion, tomatoes,



Photo courtesy of Family Features

### Victory Guacamole

cilantro, bacon, garlic powder, salt and pepper  
Spark Good Times

Light a fire under your crowd this year with Victory Guacamole, a perfect party recipe sure to spark good times. Take your tacos to the next level or dip a chip in this fiery recipe. Just one taste will win you over and victory is always good.

**Ingredients**  
4 ea. Avocados from Mexico, halved, pitted, and peeled  
1 t. lime juice  
1 t. onion, minced  
1 t. jalapeno, minced  
1/4 t. salt  
**Instructions**  
1. Scoop avocado pulp from shells into a medium bowl and mash with a fork, leaving some chunks

2. Gently stir in lime juice, onion, jalapeno and salt

**From the Farm to Your Table**

If you're eating guacamole during the big game, it's likely to come from No. 1 selling Avocados from Mexico. During January and leading up to the big game, more than 95% of avocados in the U.S. come from Mexico, according to the Hass Avocado Board. Michoacan is the state in Mexico where avocados grow all year and can meet the U.S. demand due to its rich volcanic soil, natural irrigation and unique topography.

With a unique combination of good health (with naturally good fats and nearly 20 vitamins and minerals) and good taste, adding avocados to your big game party sparks good times.

## Serve Up A Delicious Game Day Snack

(Family Features) Gear up for a game day experience to remember with satisfying snacks that energize your crowd. As almost everyone's favorite part of homegating, the foods you serve can elevate your watch party from benchwarmer to all star status.

Delicious snacks that include salsa offer an easy-to-make option that keeps fans cheering the entire game. According to the Game Day Eats Report from Fresh Cravings, 22% of guests would insist on running out to pick up salsa if it wasn't available for the feast; 18% would even be devastated and consider leaving.

Consider these Stuffed Peppers from chef Anthony Serrano, a simple snack he makes for his family on game day for a crowd-pleasing solution that scores high fives from the opening play to the final whistle.

Made with the bold flavors of Fresh Cravings



Photo courtesy of Family Features

Salsa and its combination of vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, it's a vibrant way to add some authentic homemade taste to the table.

Visit FreshCravings.com for more homegating appetizers and snacks.

**Stuffed Peppers**  
Recipe courtesy of chef

**Anthony Serrano**  
6 bell peppers, halved lengthwise and deseeded  
1 tablespoon avocado oil  
1 teaspoon sea salt  
16 ounces Fresh Cravings Chunky Style Salsa  
2 cups riced cauliflower (fresh or frozen)  
2 cups shredded cheddar cheese, divided  
2 pounds 80% lean

ground beef, cooked, lightly seasoned and drained

1 bunch cilantro, chopped

Heat grill to medium-high heat.

Brush both sides of bell peppers with avocado oil and season with salt. Grill peppers on each side 2-3 minutes, or until grill marks appear. Remove from heat and allow to cool slightly.

Add salsa, riced cauliflower and 1 cup cheddar cheese to cooked ground beef. Stir and return to heat until cheese begins to melt.

Place bell peppers on sheet pan or casserole dish. Use large spoon to fill peppers with ground beef mixture. Top stuffed peppers with remaining cheese.

Return to grill and grill approximately 15-20 minutes, or until cheese begins to caramelize.

Remove from heat and let cool slightly. Garnish with cilantro.

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THE TIMES



# TUESDAY

## Health and WELLNESS

A9

Tuesday, Feb. 15, 2022

### Basic Prevention and Treatments For Insomnia Problems

I want to follow up on last week's column where I discussed the causes of insomnia and focus on basic prevention and treatments. If the cause of insomnia is not readily identifiable it's helpful to keep a sleep diary for 2-4 weeks to share with your doctor. It should include sleep and wake times, naps, and actual time spent sleeping. You can download a blank sleep diary at [bit.ly/3jmKsEU](http://bit.ly/3jmKsEU).

Poor sleep hygiene is the most common finding when taking a sleep history or reviewing a sleep diary. Sleep hygiene is defined as "daily activities and habits that are consistent with or promote the maintenance of good quality sleep and full daytime alertness."

When I ask patients what they do when they can't fall asleep most answer that they continue to lie in bed and watch the clock. A key sleep hygiene concept is that one's bedroom should

be reserved for sleep. It should not be used for watching TV, surfing the Internet, doing work, exercising, etc. Your brain needs to be trained that when it's in that room it should be shutting off and recharging.

If you find yourself in bed unable to sleep, you should get out of bed and go to another room. Engage in a low-energy activity such as reading or perhaps doing a crossword puzzle. Do this until you become drowsy and then go back to bed. If you find you can't sleep after 15-20 minutes, get out of bed again and repeat the process. You may have to do this numerous times. However, don't be tempted to sleep in the following day - the total hours you spend in bed should remain about the same each day.

It's important to have a ritual before going to bed. This should include quiet "wind down" time for at least 30 minutes



**JOHN R. ROBERTS, M.D.**  
Montgomery Medicine

before retiring. Some say a warm bath or shower two hours before bedtime can be helpful. A light, non-fatty snack may also promote drowsiness.

While it is also very important to try and maintain a consistent bedtime, it appears that a consistent wake time is even more important. This is extremely difficult for folks that may work nights Monday through Friday who are then off on the weekends. They need to try and maintain the same schedule as closely as

possible and get the same total number of hours of sleep that they get while working nights.

A tip for night workers is to put on dark wrap-around sunglasses before leaving the workplace and wear them until you get in a dark room at home. This helps to keep the brain's daytime switch from being turned on and allows you to get to sleep more easily.

If you're still having trouble sleeping, it can be helpful to meet with a therapist to discuss relaxation therapy. Prayer and meditation are also commonly used to help the brain relax.

I touched on medications last week, but I want to briefly mention drugs that frequently cause insomnia. Caffeine can stay in the system for up to eight hours so don't consume it within eight hours of bedtime if you're having trouble sleeping. Cold medications containing pseudoephedrine

(Sudafed®) keep the brain awake. Nicotine is also a stimulant, so if you're a smoker, you should discuss quitting with your doctor. Alcohol is the last thing you want to consume if you're having trouble with insomnia; it prevents the brain from getting into the deep stages of sleep.

There are some natural products, particularly melatonin, that can help some people. It's important to start at a low dose, perhaps ½ to 1 mg, and to take it at least two hours before bedtime. Prescription sleep medications should be the absolute last resort for treating insomnia. These medications only provide a few extra minutes of sleep. They are all very addictive and may cause unwanted or dangerous side effects in some people, particularly the elderly.

An excellent resource for more information on insomnia can be found at

[bit.ly/39XAkPC](http://bit.ly/39XAkPC). I also recommend two books you can find at Amazon: *The Sleep Solution: Why Your Sleep is Broken and How to Fix It* by Dr. Chris Winter, and *How to Sleep: The New Science-Based Solutions for Sleeping Through the Night* by Dr. Rafael Pelayo.

Cognitive Behavioral Therapy for Insomnia (CBT-i) is very effective for treatment of chronic insomnia. Finding a therapist in your area that performs CBT-I can sometimes be challenging. Some of my patients have received good results from using CBT-i Coach, an app for smart phones. There is also a popular online course for CBT-I: [www.myshuti.com](http://www.myshuti.com).

*Dr. John Roberts is a member of the Franciscan Physician Network specializing in Family Medicine as well as the Deputy County Health Officer in Montgomery County.*

### Take Charge Of Risk Factors Impacting Heart Health

(Family Features) Cholesterol - a waxy substance created by the liver or consumed from meat, poultry and dairy products - isn't inherently "bad" for you. In fact, your body needs it to build cells and make vitamins and other hormones. However, too much "bad" LDL cholesterol, or not enough "good" HDL cholesterol, can pose problems.

High cholesterol is one of the major controllable risk factors for heart disease and stroke. Because it typically has no symptoms, you may not know you have high cholesterol until it's causing problems.

Knowing key health numbers like blood sugar, blood pressure and cholesterol, and working closely with your doctor to manage them, are keys to preventing heart disease and stroke.

Those who have already experienced a heart attack or stroke or have family history of cardiovascular disease, chronic inflammatory disease or kidney disease may need to have their cholesterol and other risk factors checked more often and may need

medication to manage their conditions to prevent another event. According to the American Heart Association, as many as 1 in 4 survivors will have another heart attack or stroke.

Along with taking medication as prescribed, some lifestyle habits can help manage your risk and help you live a longer, healthier life like watching what you eat, getting more exercise and managing stress.

**Make Healthy Menu Choices**

A healthy eating plan is a well-rounded diet with plenty of fruits and vegetables (at least 4-5 servings each day). In fact, researchers at the University of Columbia found each daily serving of fruits or vegetables was associated with a 4% lower risk of coronary heart disease and a 5% lower risk of stroke.

Other smart choices for your menu include nuts and seeds, whole grains, lean proteins and fish. Limit sweets, sugar-sweetened beverages, saturated fat, trans fat, sodium and fatty or processed meats.

**Get Moving**

You likely know exercise is good for you, but an Oxford University study revealed simply swapping 30 minutes of sitting with low-intensity physical activity can reduce your risk of death by 17%. Mortality aside, in its Physical Activity Guidelines for Americans, the U.S. Department of Health and Human Services noted physical activity offers numerous benefits to improve health, including a lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression.

The greatest impacts come from getting the recommended amount of activity: at least 150 minutes of moderate activity, 75 minutes of vigorous activity or a combination of those activities per week. Be sure to discuss with your doctor which activities may be best for you.

**Reduce Stress**  
Constant or chronic stress can have real consequences on both emotional and physical health. In fact, research shows chronic stressors

like long work hours, financial stress and work-life conflict may be as risky for health as second-hand smoke, according to a report by the Behavior Science and Policy Association.

Aside from the toll on your body - including elevated risk for heart disease and stroke from high blood pressure, depression or anxiety - stress can lead to unhealthy habits like overeating, physical inactivity and smoking.

Exercise is an effective way to keep your body healthy and release stress. You might also consider incorporating meditation and mindfulness practices into your day to allow yourself a few minutes to distance yourself from daily stress.

Research compiled by the American Heart Association suggests meditation can reduce blood pressure, improve sleep, support the immune system and increase your ability to process information.

Learn more about managing your cholesterol and habits to protect your heart health at [heart.org/cholesterol](http://heart.org/cholesterol).

### Better Oral Health May Help Protect Your Heart

(Family Features) Many people are aware healthy habits like regular exercise and eating nutritious foods promote better heart health. However, it's lesser known that your oral health and heart health risk may be connected.

In fact, a study from "Inside Dentistry" suggests as many as 50% of heart attacks may be triggered by an oral infection.

While research continues to fully understand the relationship between oral hygiene and cardiovascular health, studies have revealed correlations between the two. For example, according to a study published in the "European Journal of Preventive Cardiology," patients with improved oral hygiene had a lower risk for atrial fibrillation and heart failure compared with those with poor oral hygiene.

What's more, according to the Centers for Disease Control and Prevention, by age 34, approximately 50% of people have experienced periodontal disease, which suggests a high percentage of the population could benefit from improved oral hygiene and preventative care.

"Given the prevalence of poor oral hygiene in the U.S., understanding the crucial link between oral health and heart health is a game-changer in developing treatment plans," said Dr. Eric Goulder, founder of the Heart Attack and Stroke Prevention Center of Central Ohio.

To help protect your oral and heart health, consider these tips from ProBiora Health, a leader in oral-care probiotics:

Think of your care providers as a team. This means sharing your health conditions with your dentist and your dental concerns with your doctor. While each specializes in different aspects of your health care, when everyone involved is aware of potential problems, they can help you create a

proactive care plan. Practice good oral health habits. If you don't already have regular oral hygiene habits, it's never too late to start. Brush at least twice a day and after every meal, if possible. Flossing daily can also help remove plaque and trapped particles between teeth.

Protect your mouth with probiotic bacteria daily. In addition to brushing and flossing, add beneficial bacteria (probiotics) by taking an oral care probiotic to balance the natural bacteria load in your mouth. Used daily, an oral care probiotic lozenge can effectively replenish the good bacteria naturally found in the mouth, crowding out harmful bacteria that can cause plaque, gum disease, cavities and inflammation. For example, when ProBiora Health probiotics dissolve in the mouth, saliva hydrates the probiotics, which migrate to mouth tissue, gums, gum pockets and tooth surfaces where they work to reduce bad bacteria.

Schedule regular preventive care. Visiting your dentist regularly can help manage potential problems before they become major concerns. Most dentists suggest scheduling checkup and cleaning appointments every six months. When using oral care probiotics, your checkup may go better than expected.

Don't wait to take action. If you notice any concerning symptoms that could be an indication of an oral health problem, schedule an appointment immediately rather than waiting for your next checkup. Possible concerns could include signs of infection such as red, swollen or sore gums; bleeding when you brush, floss or eat; an unexplained bad taste in your mouth; or problems with bad breath.

Learn more about protecting your oral health at [probiorahealth.com](http://probiorahealth.com).

### 4 Ways To Feel Your Best While Watching The Big Game

(StatePoint) While athletes are displaying feats of strength on the field, for those watching the Big Game at home, it's more typical to be partaking in cheesy dips, chips, fried foods, beer and other not-so-good-for-you indulgences. However, there's no need to fumble when it comes to your healthy habits. Check out these four tips to feel your best during and after the Big Game:

1. Plan in Advance: It can be a busy weekend leading up to the Big Game so being prepared with a game plan for the day is the way to go. Start by making a grocery list ahead of Sunday so you can go to the store and purchase only the things you need -- this will help ensure you're sticking to your plan and budget.
2. Get Moving: The

game lasts hours, but that doesn't mean you need to park yourself on the couch the entire time. Aid digestion and avoid stiffness by using commercial breaks, half time, and pre- and post-game commentary to stand up, stretch, hydrate and move around.

3. Stay Hydrated: Don't just stock your bar with the usual brews and sugary party cocktails. Take a cue from the pros and be sure to also include clean, healthy, hydration drinks.

For some of the world's top athletes and teams, including former MVP quarterback Patrick Mahomes, their sports drink of choice is BioSteel. This is for good reason. BioSteel's lineup of sports drinks are all made with zero sugar, essential electrolytes and without harmful colors and preservatives. And it's not just the pros who can reap

these benefits. Made for everyone from elite athletes to health-conscious consumers, BioSteel is a clean and healthy way to maintain hydration levels throughout the day.

Another bonus? BioSteel sports drinks come in an eco-friendly Tetra Pak that uses a plant-based cap. Plus, the brand has a range of great tasting flavors to help satisfy everyone's hydration needs during the Big Game, including Rainbow Twist, Blue Raspberry, Mixed Berry, Peach Mango, White Freeze, and the new limited-edition Cherry Lime. To learn more, visit [biosteel.com](http://biosteel.com).

4. Make Smart Swaps: A good coach knows when it's time to make substitutions on the field. Likewise, you can learn where and when to make healthy substitutions in

your Big Game spread while still enjoying all your favorite snacks and treats.

Making a pot of chili? Switch to lean ground turkey or go vegetarian. Top your bowl with fresh chopped scallions, lime wedges and fresh radishes, which can add crunch without the fat or sodium of tortilla chips. Opt for grilled chicken kabobs over deep fried wings and create your dipping sauce using Greek yogurt. Packed with calcium, protein and probiotics, yogurt not only provides a creamy, delicious alternative to sour cream, it's also good for you.

While notorious for being a day to gather and overindulge, you can make a few smart spectating tweaks to ensure you bring your A game to the Big Game.